

KIDS IN SPACE

A BODIES & BOUNDARIES COLORING & ACTIVITY BOOK



CHILDRENSAFETYPARTNERSHIP.ORG

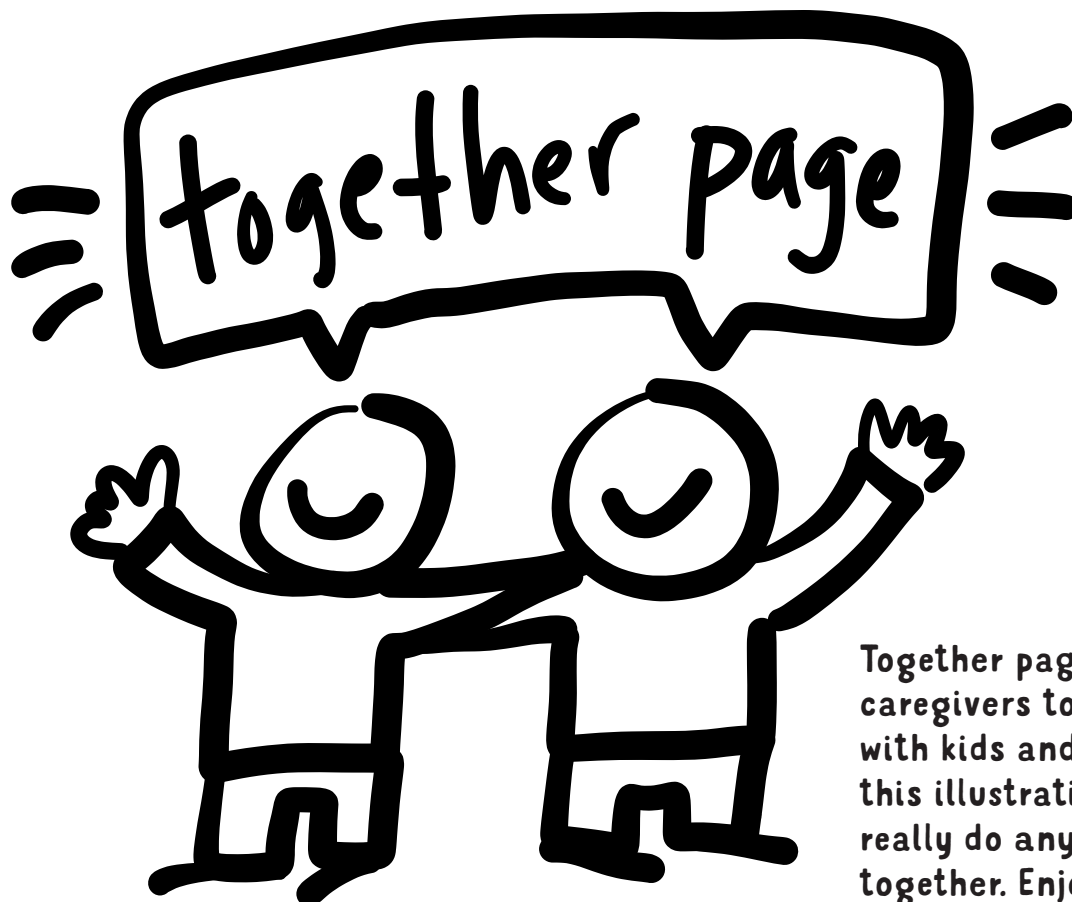
Hey, kids!

Grab some crayons or markers and go to it. If there's something you don't understand, or if you need help reading, ask for help from a grown up or kid you trust. Some of the pages are meant to make you think — that's OK! Take your time. And if there's a page you don't like, you can always skip it. HAVE FUN!!

Hey, grown ups!

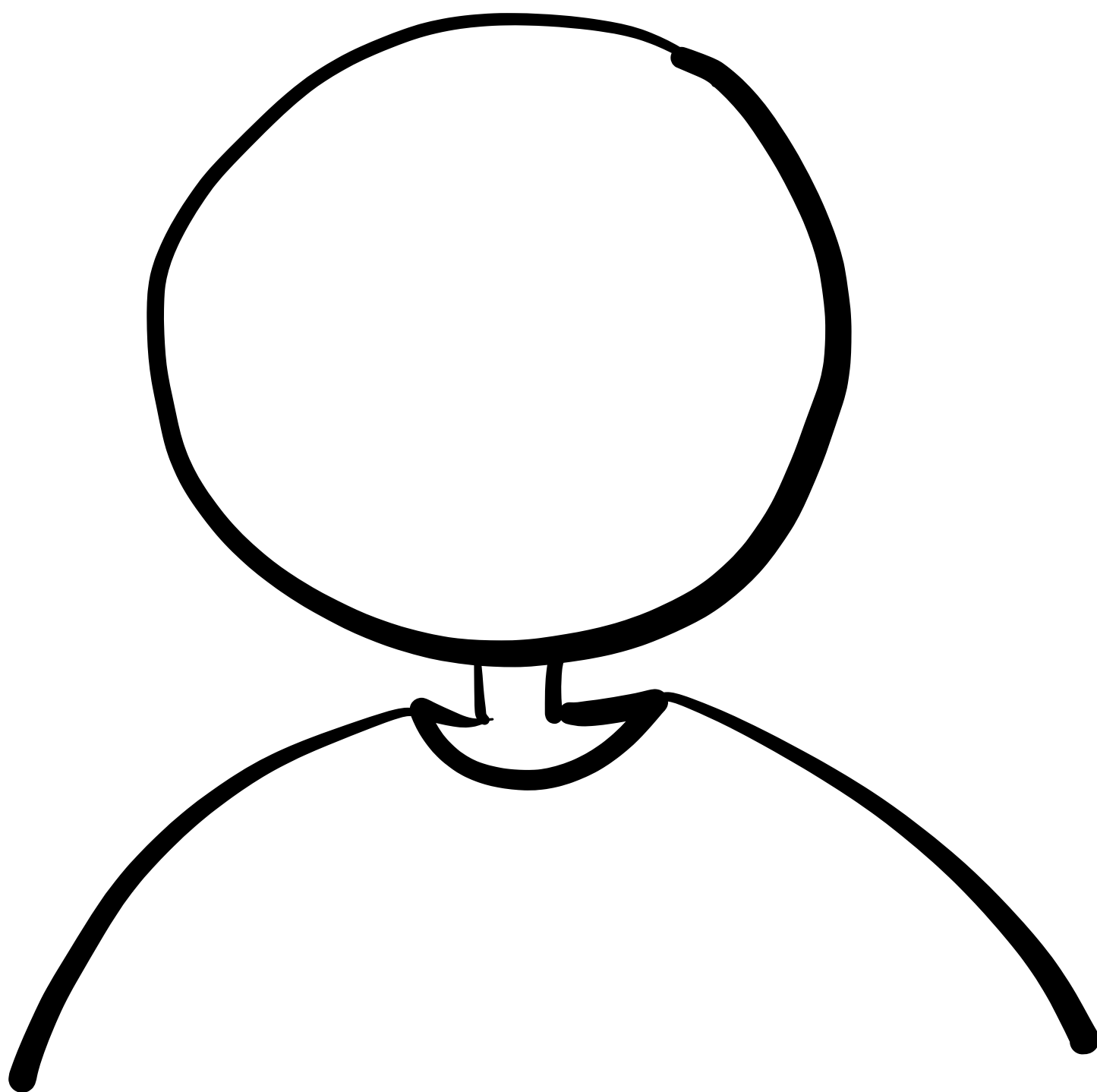
We all play a part in keeping kids happy, healthy, and safe. This book is designed to help children understand their own feelings and encourage deeper awareness about personal boundaries and safety.

Please explore our many resources online at childrenssafetypartnership.org



Together pages are for caregivers to do together with kids and are marked with this illustration, but you can really do any of these pages together. Enjoy!

**Draw how you are
feeling right now.**



**Draw
yourself
feeling happy
& safe.**



**This is something I want
grown-ups to know:**

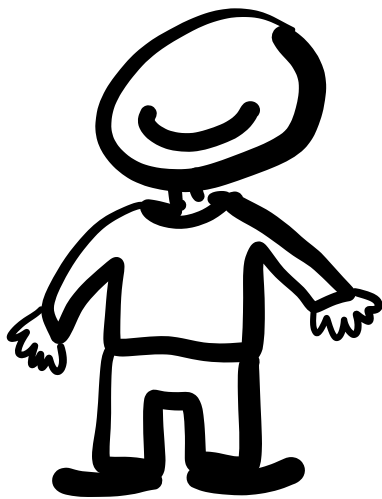
“

”

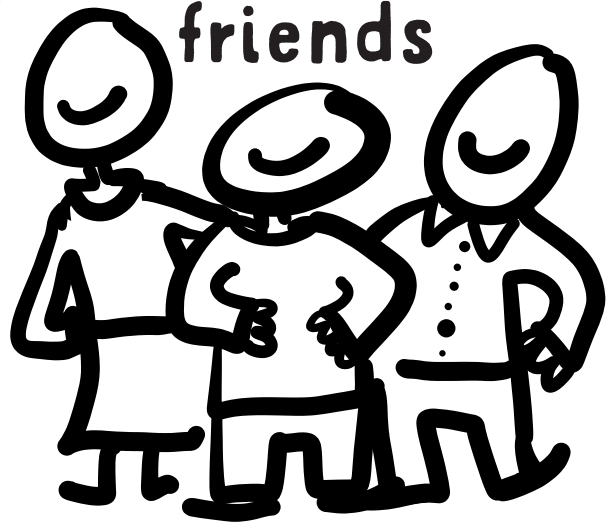
personal space

I am happiest when...

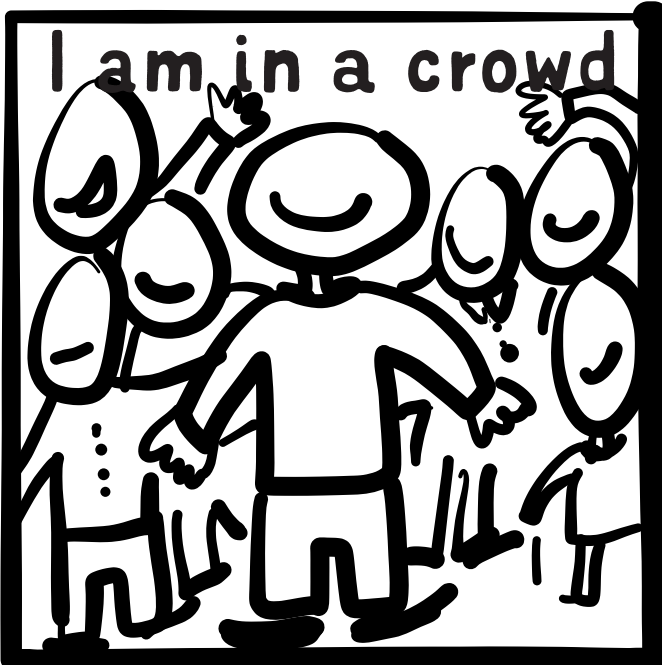
I am alone



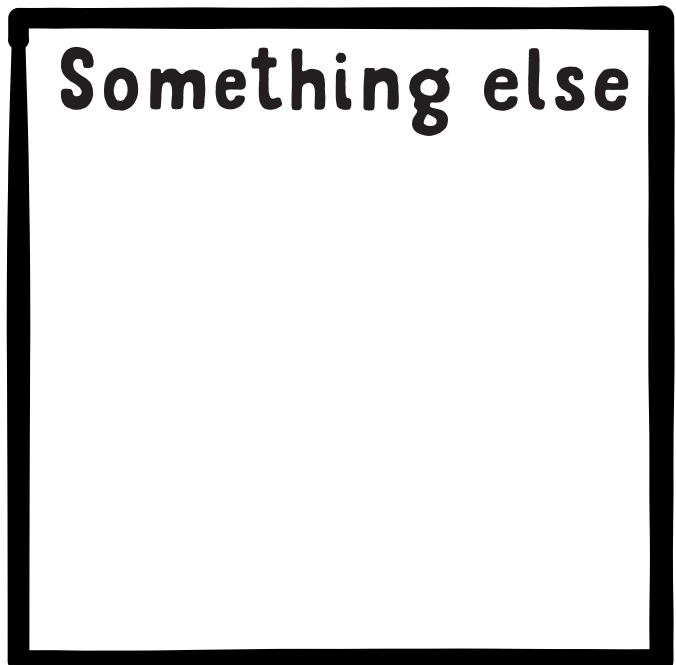
I am with
friends



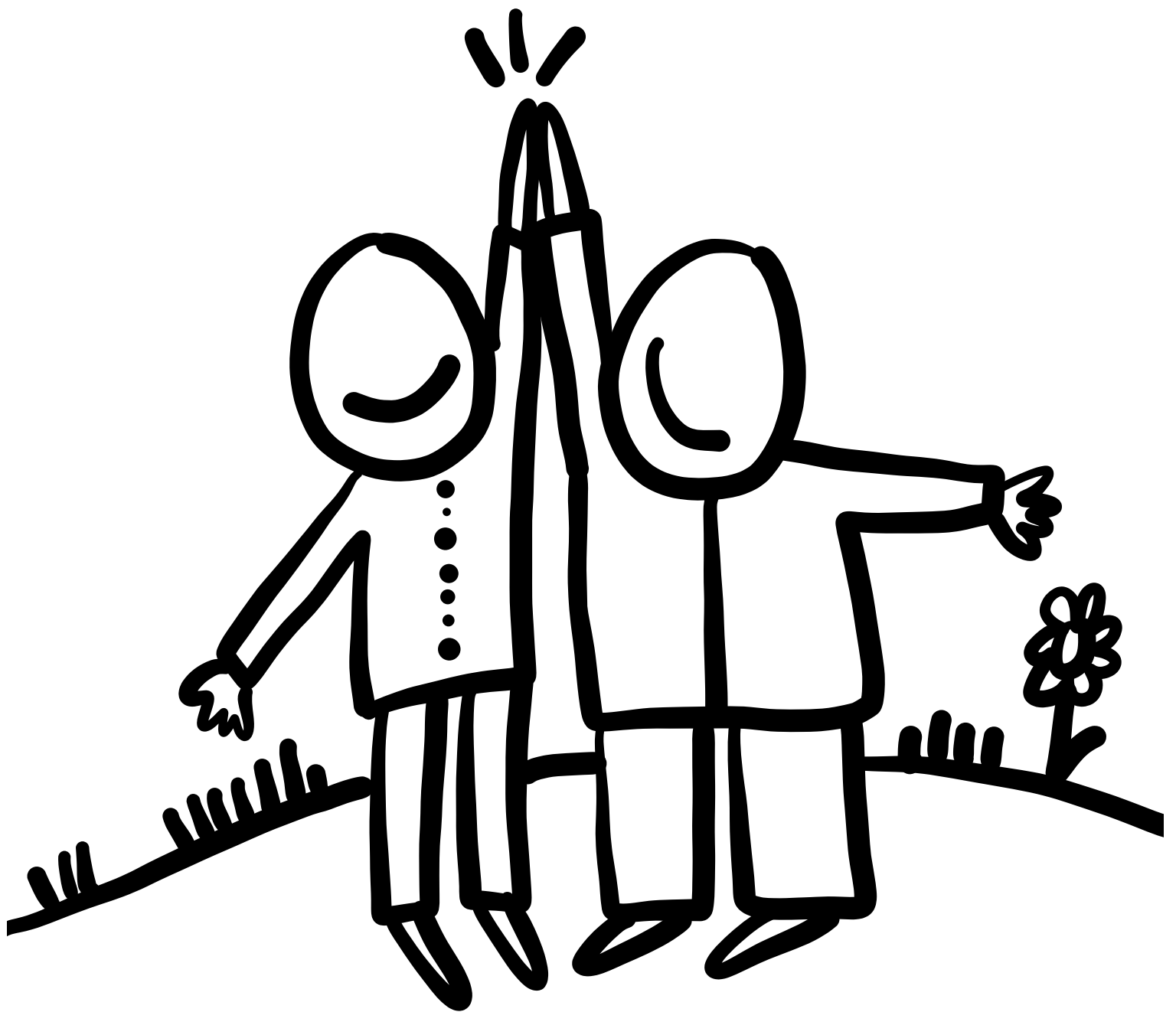
I am in a crowd



Something else



A friend I trust
is... _____



This makes me feel

happy

This makes me feel

sad

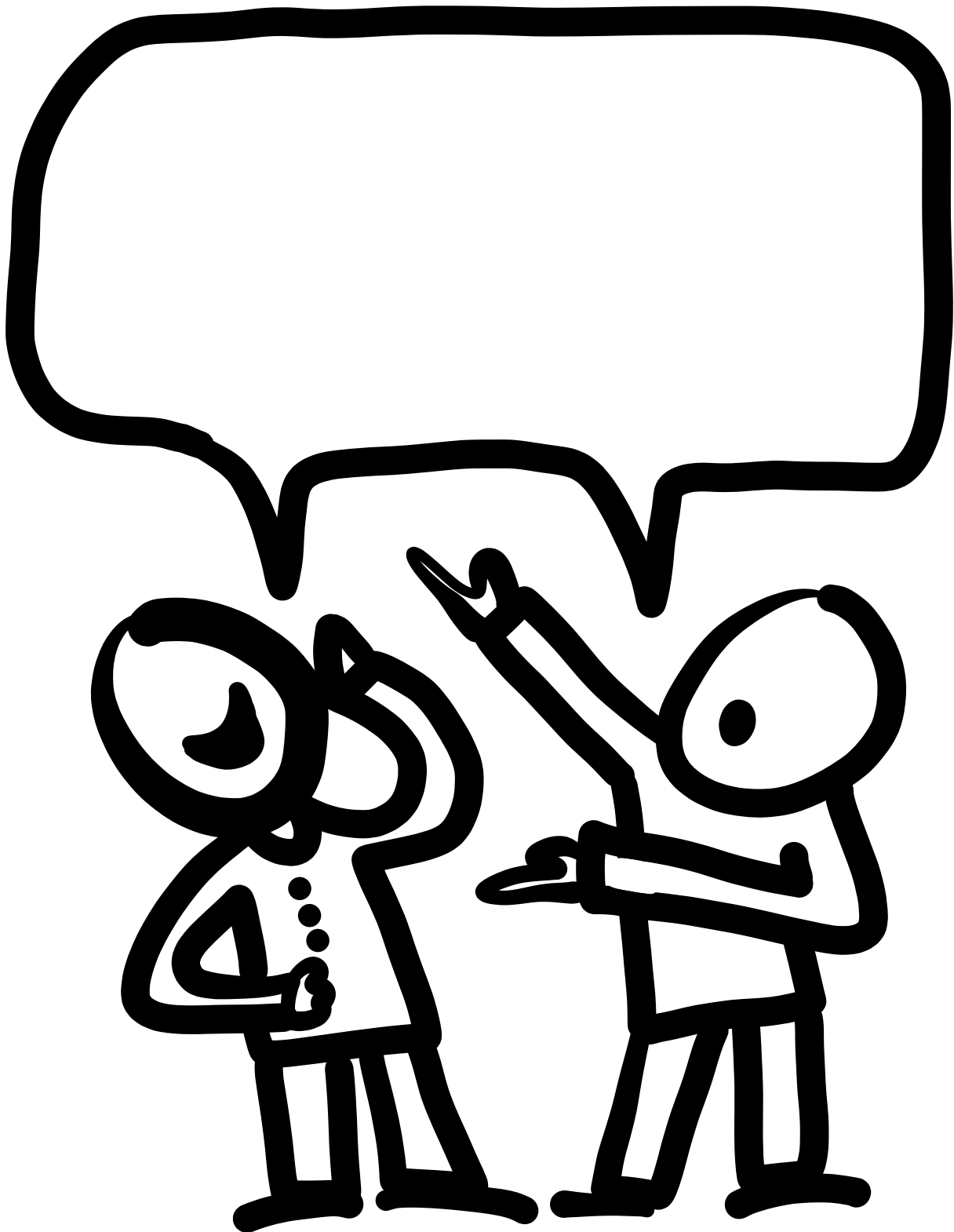
This makes me feel

scared

This makes me feel

grateful

I like to talk to my
friends about...



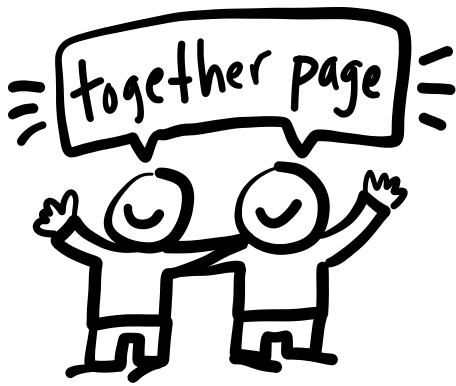
“FIND YOUR FEELINGS”

word search

J O D M E A D U O Z B E N A A
E W E E D C K Q V D E X W O L
I X S Y E O K O E S V C B T L
W A U U P R L R E A S I L L Y
H P F C N P I J L D F T P L L
O Z N L A T A F G Y Q E O R S
L E O B A L Y H Y M Y D G G B
Y H C P Z N M N R B V M O I I
E E V D G T X Y T T O T V D Y
R E S T F U L I S E M S E U R
L U F Y O J X C O P V K M A G
X Y E G T H A W A U C X L W N
D M E L H R R A X O S C X S A
X G H B E U E E H Z P J C W W
Q Z G D C H J S K B L E P S T

I'm
feeling
like
this:

ANGRY CONFUSED JOYFUL SCARED TIRED
ANXIOUS EXCITED RESTFUL SHOCKED
HAPPY SAD SILLY CALM

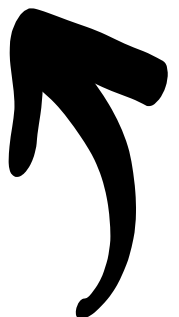


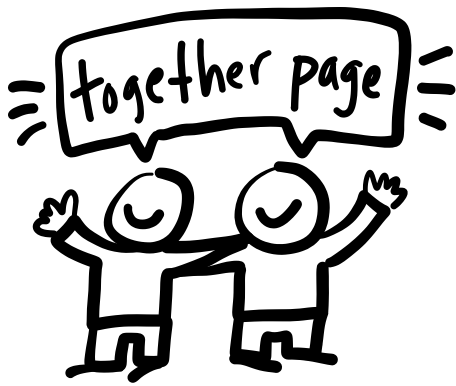
smiles

**What does it mean when someone smiles
at you? Has a smile ever made you
feel uncomfortable?**

When my friend says
stop, I...

(HINT: Draw a picture of yourself stopping)





pretending

It can be fun to pretend you are someone else. Try role playing the following situations together:

- 1. Pretend you disagree with someone.
What would you each say?**

- 2. Pretend something hurt your feelings.
What would you say?**

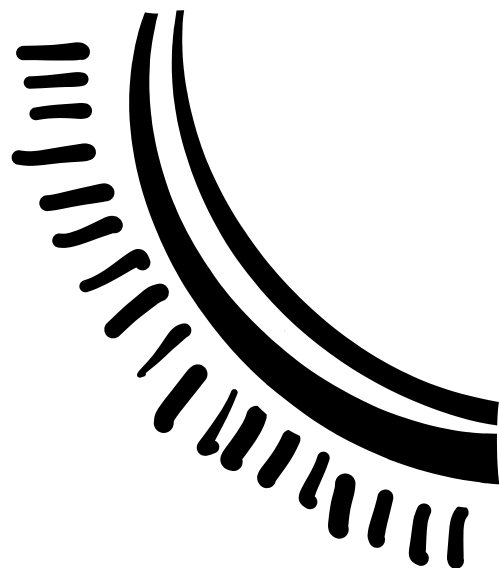
- 3. Pretend there is a new kid at school.
What would you say to them?**

- 4. Pretend you want to give someone a hug.
How would you ask?**

**One adult I can always
go to for help is:**



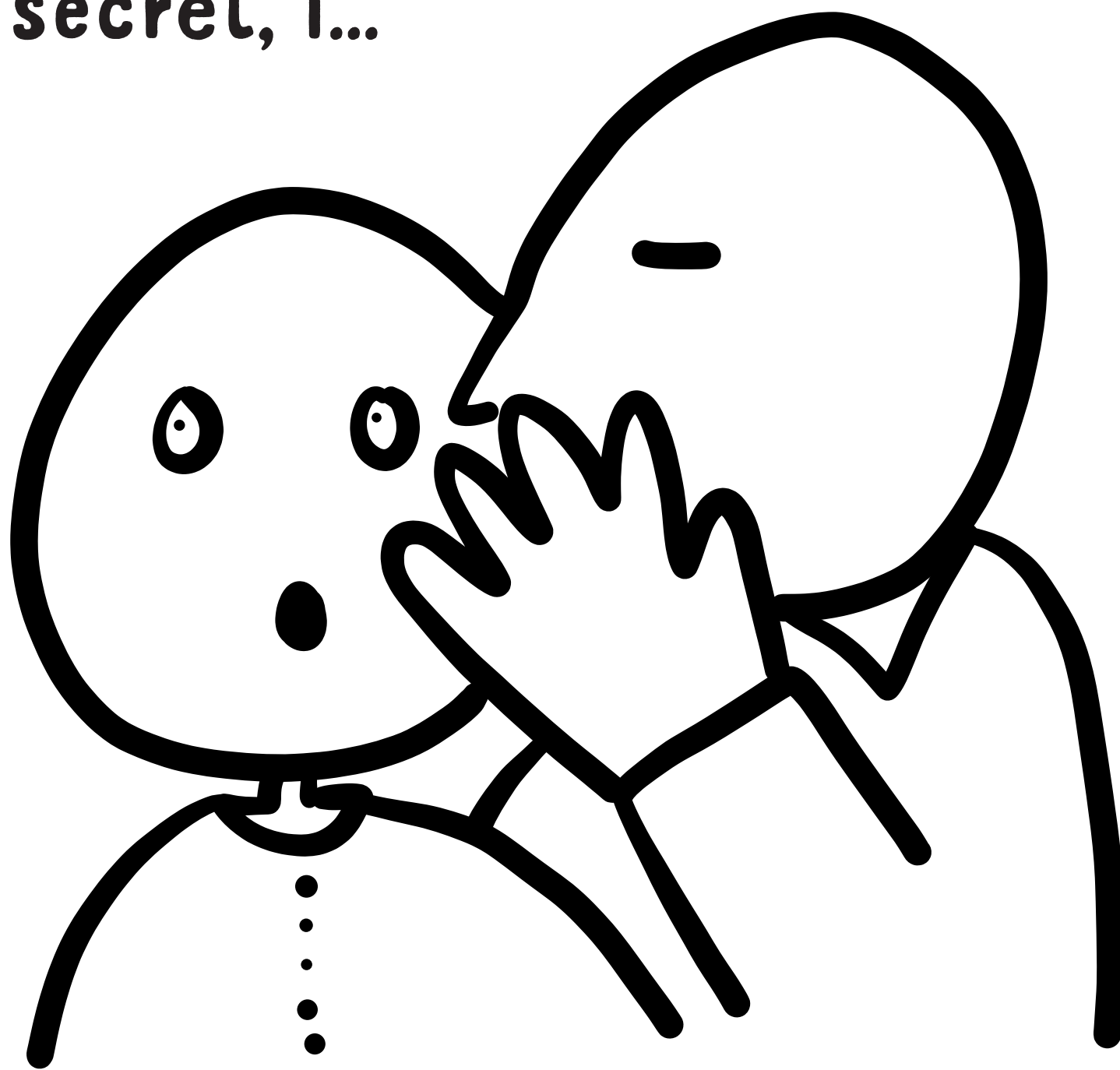
What is the BEST
question you can
think of ever asking?



Who would you ask?



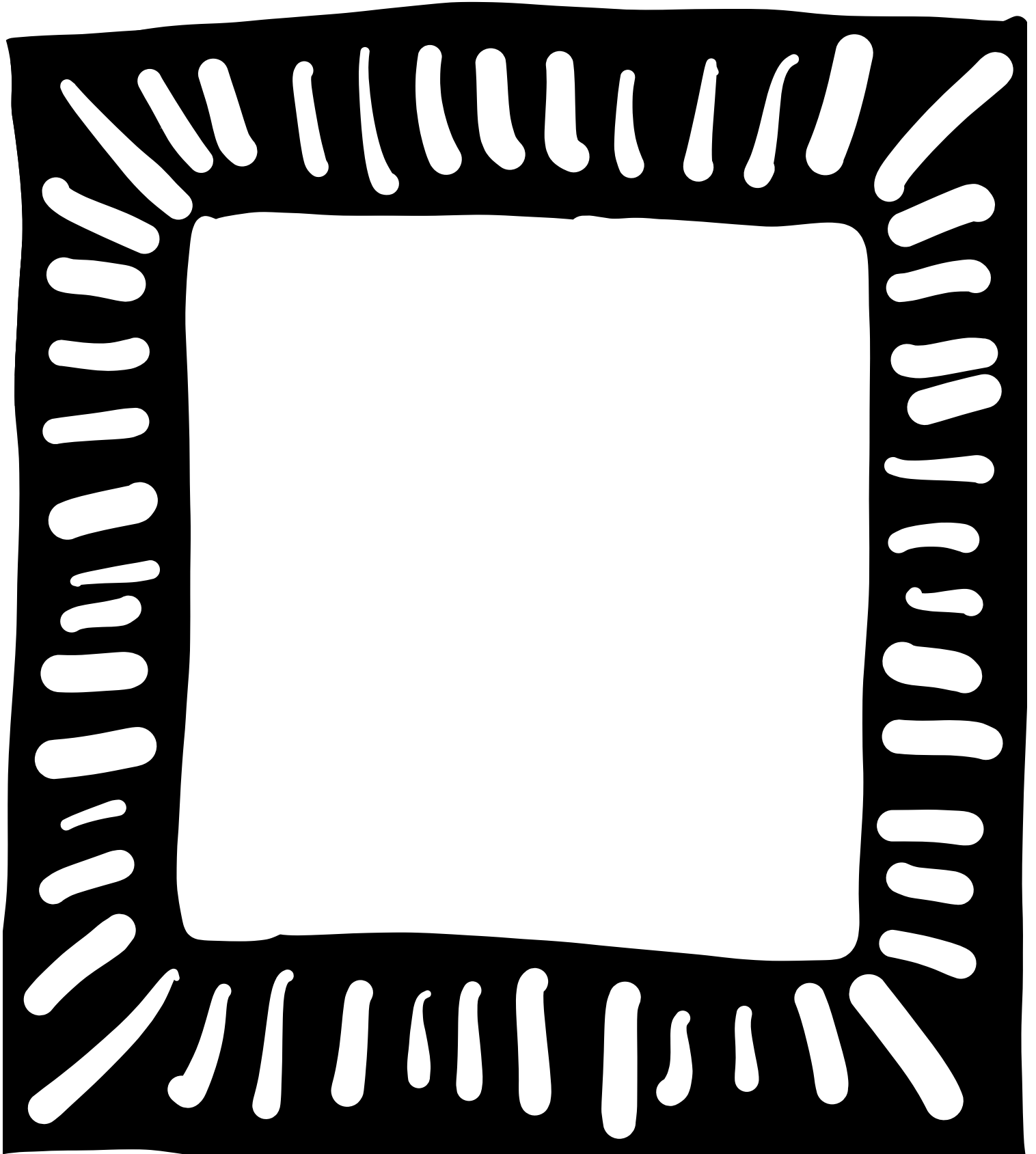
**When someone tells me a
secret, I...**



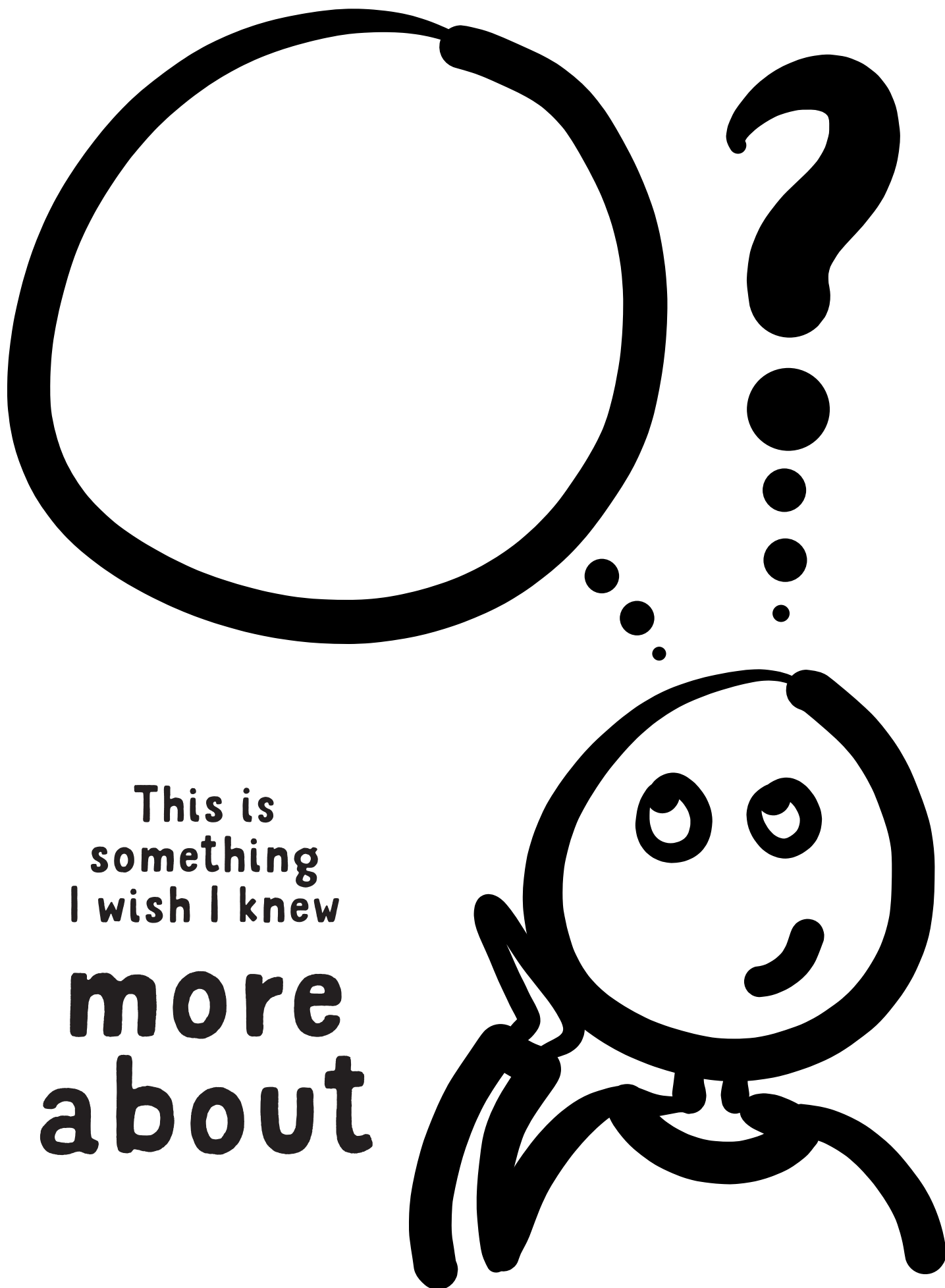
**When my
friend
seems
upset, I ...**



I get energy from...

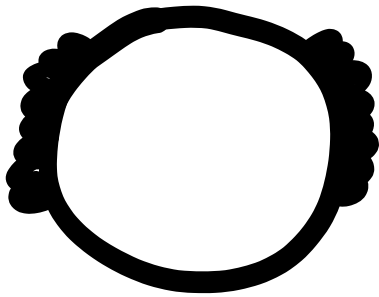


This is
something
I wish I knew
**more
about**

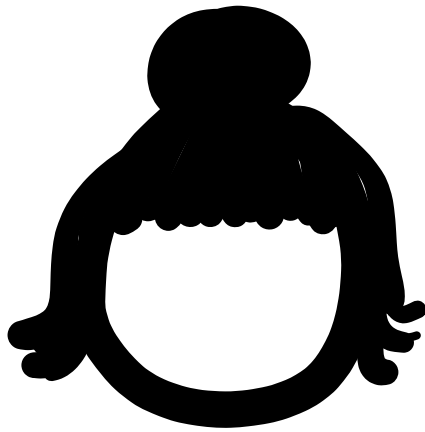


DRAW THESE FEELINGS

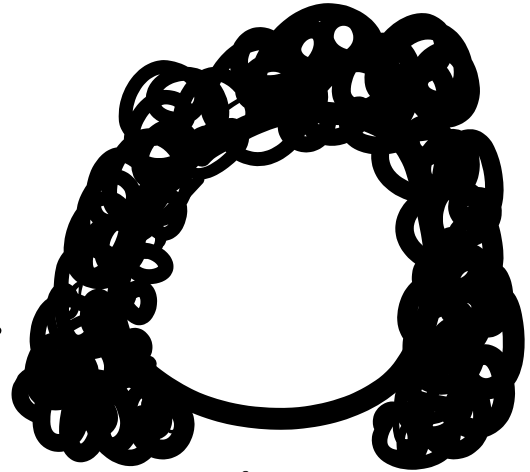
What are these folks showing with their faces?



happy



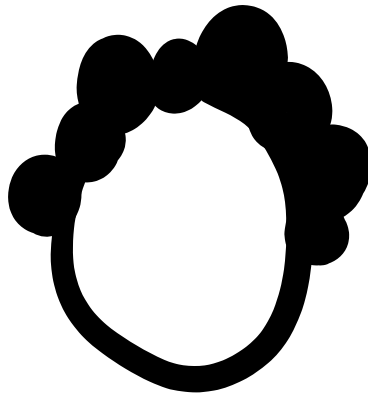
surprised



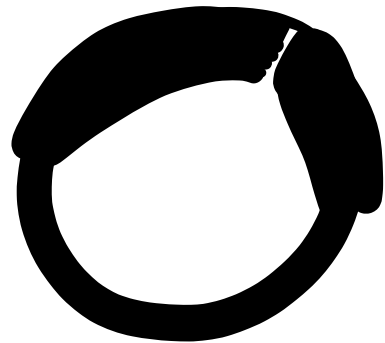
sleepy



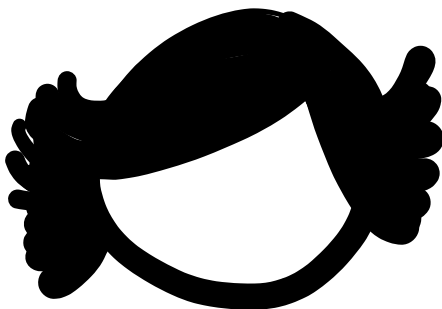
angry



confused



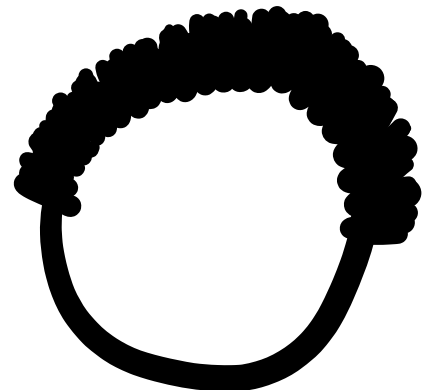
suspicious



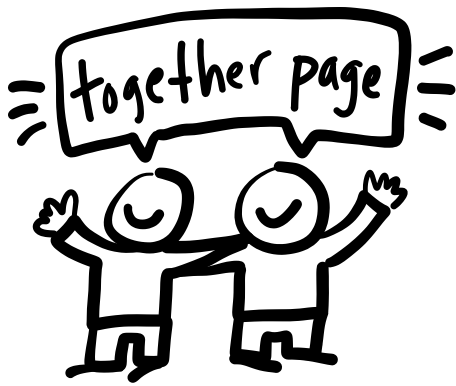
joyful



whiny



scared



online

My favorite things to do online are:

**What kind of things can you tell people online?
What kind of things should you not tell someone online?**

**When is it OK to share pictures of someone else online?
How about pictures of yourself?**

When is it OK to talk to someone you do not know online?

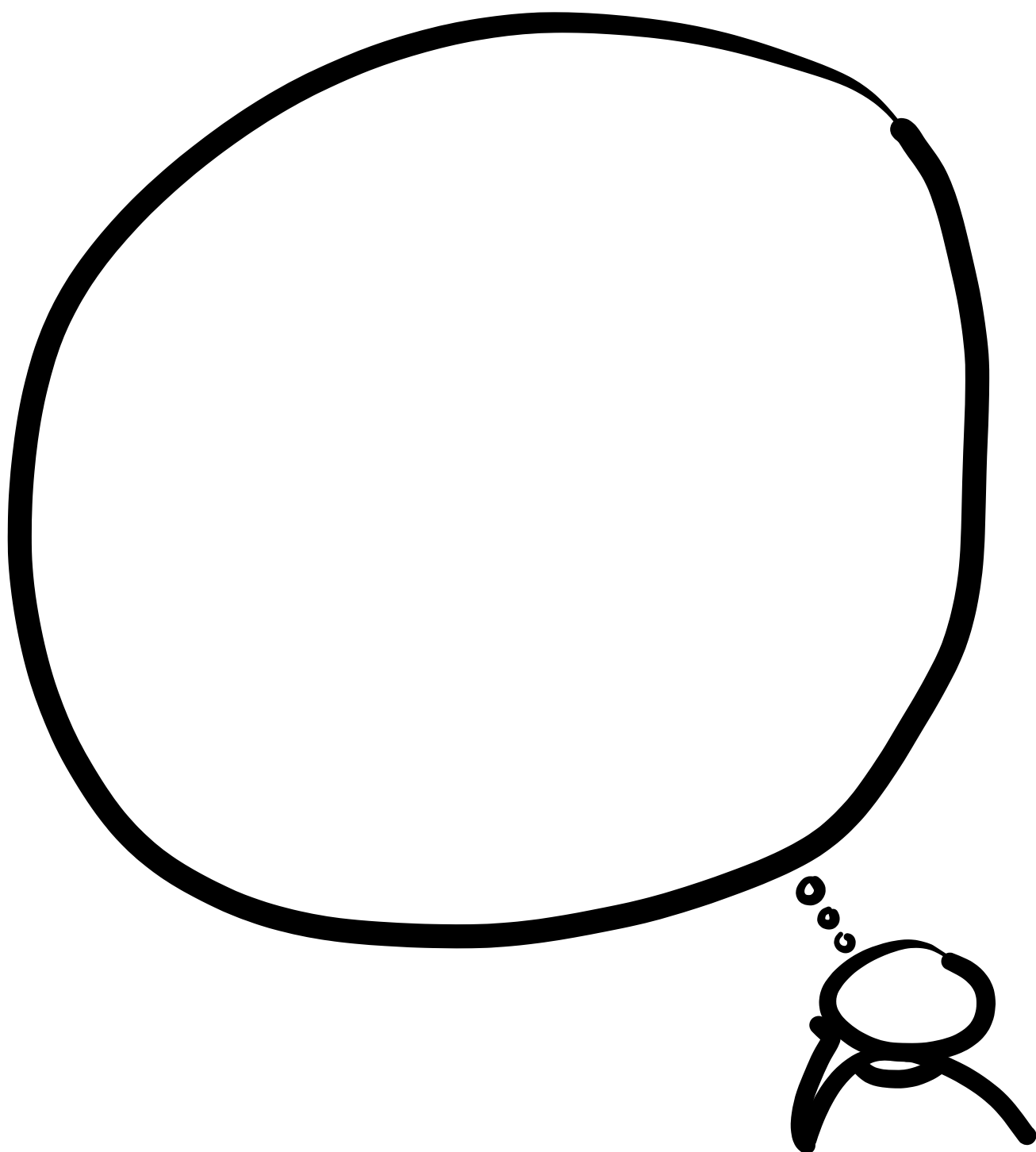
This is a grown-up I

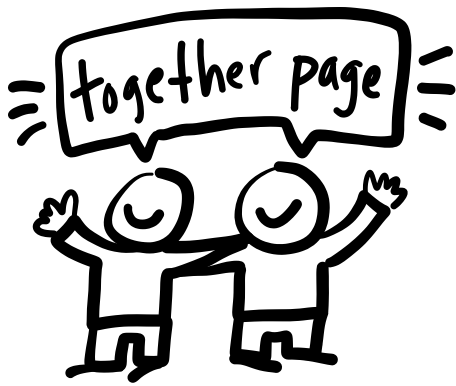
Trust:



This is something or someone

I miss:



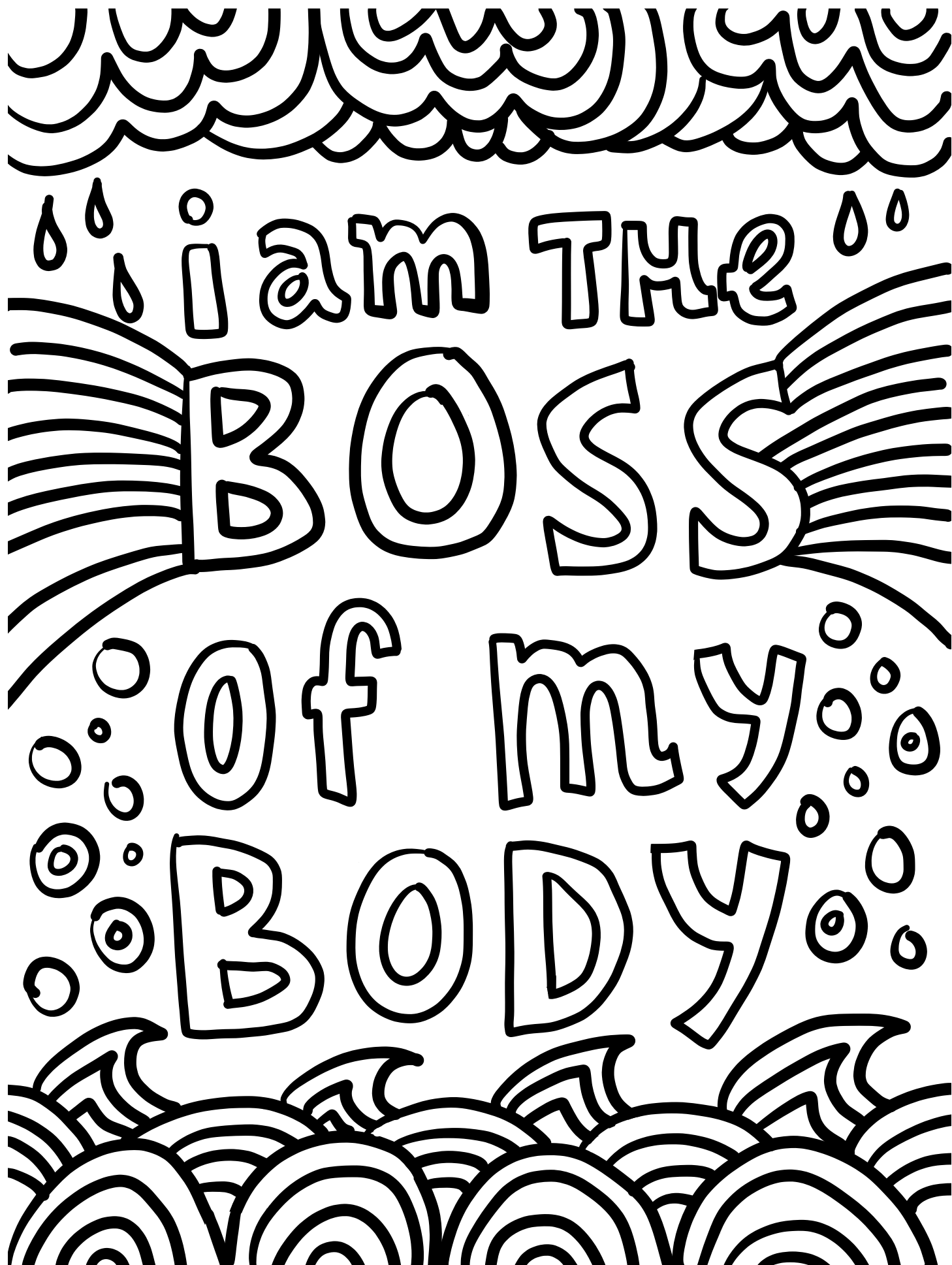


bullying

**Have you ever met someone who
bullied you or someone else?
If so, what happened?**

**If not, what do you think
you might do?**

**Do you think bullying and teasing
are the same thing?**



**Draw lines to connect the words
that can mean the same.**

YES!

QUIT IT

YUP

STOP

CUT IT OUT

NO, THANKS

KNOCK IT OFF

NO!

SOUNDS GOOD

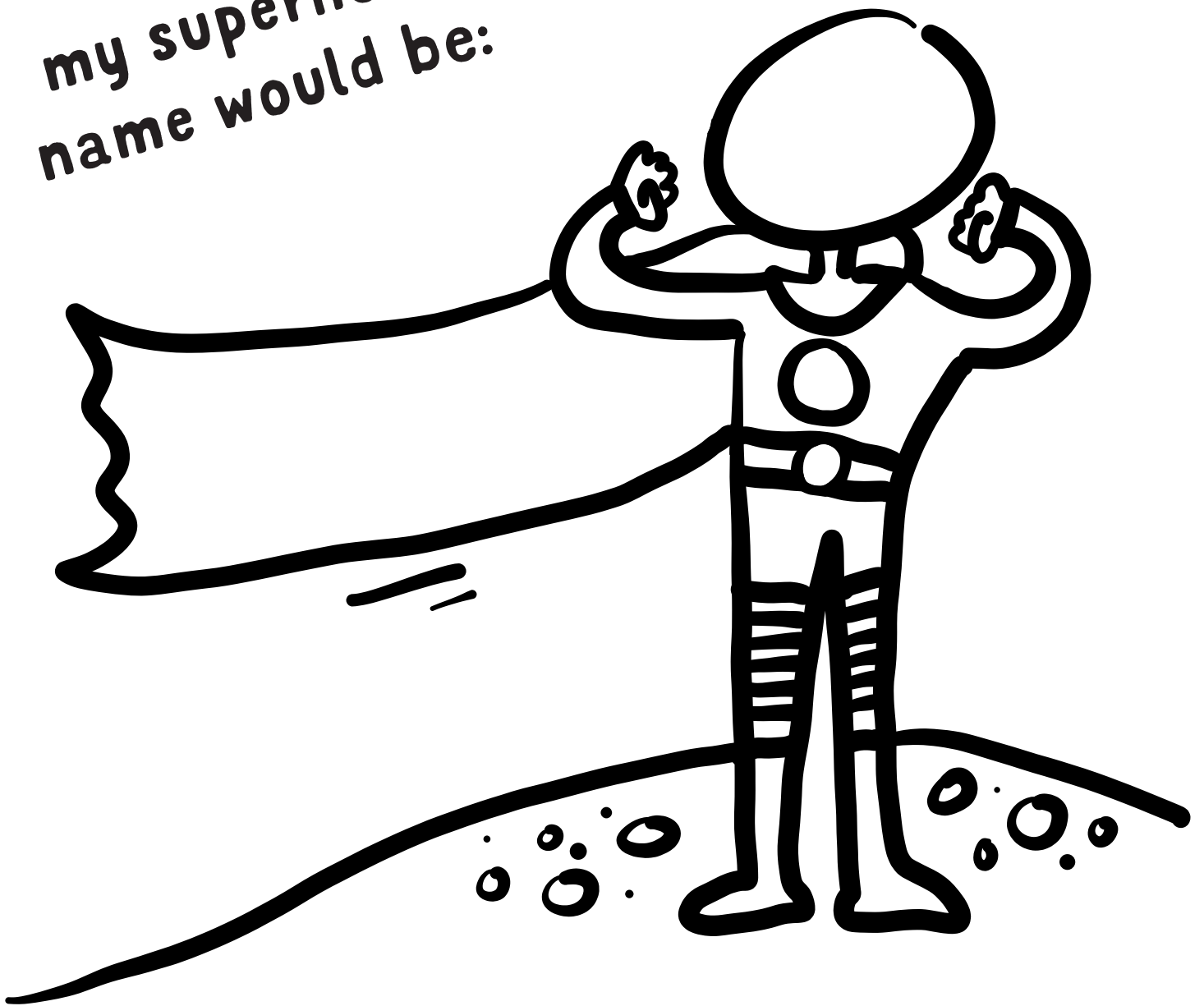
NOT INTERESTED

YES, PLEASE

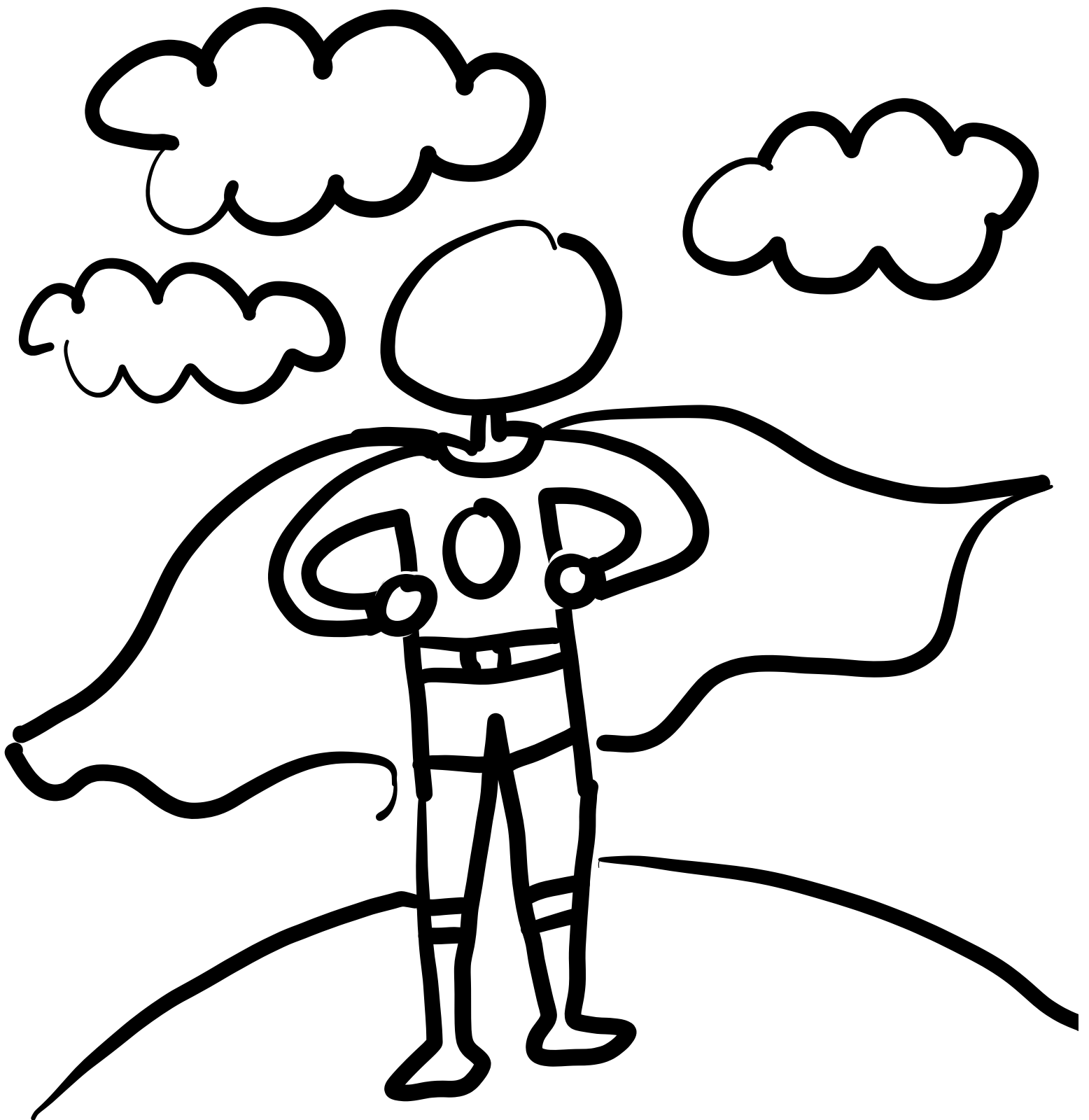
HECK YEAH

If I could have any
superpower it would be:

my superhero
name would be:

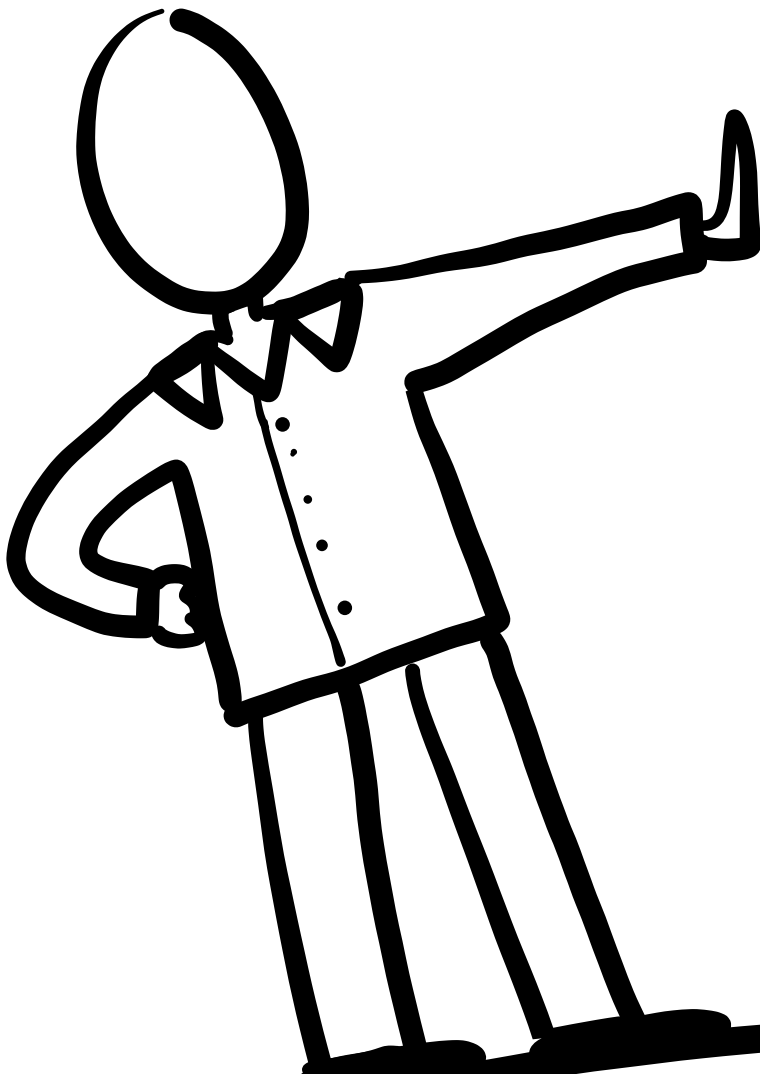


My real superpower is:

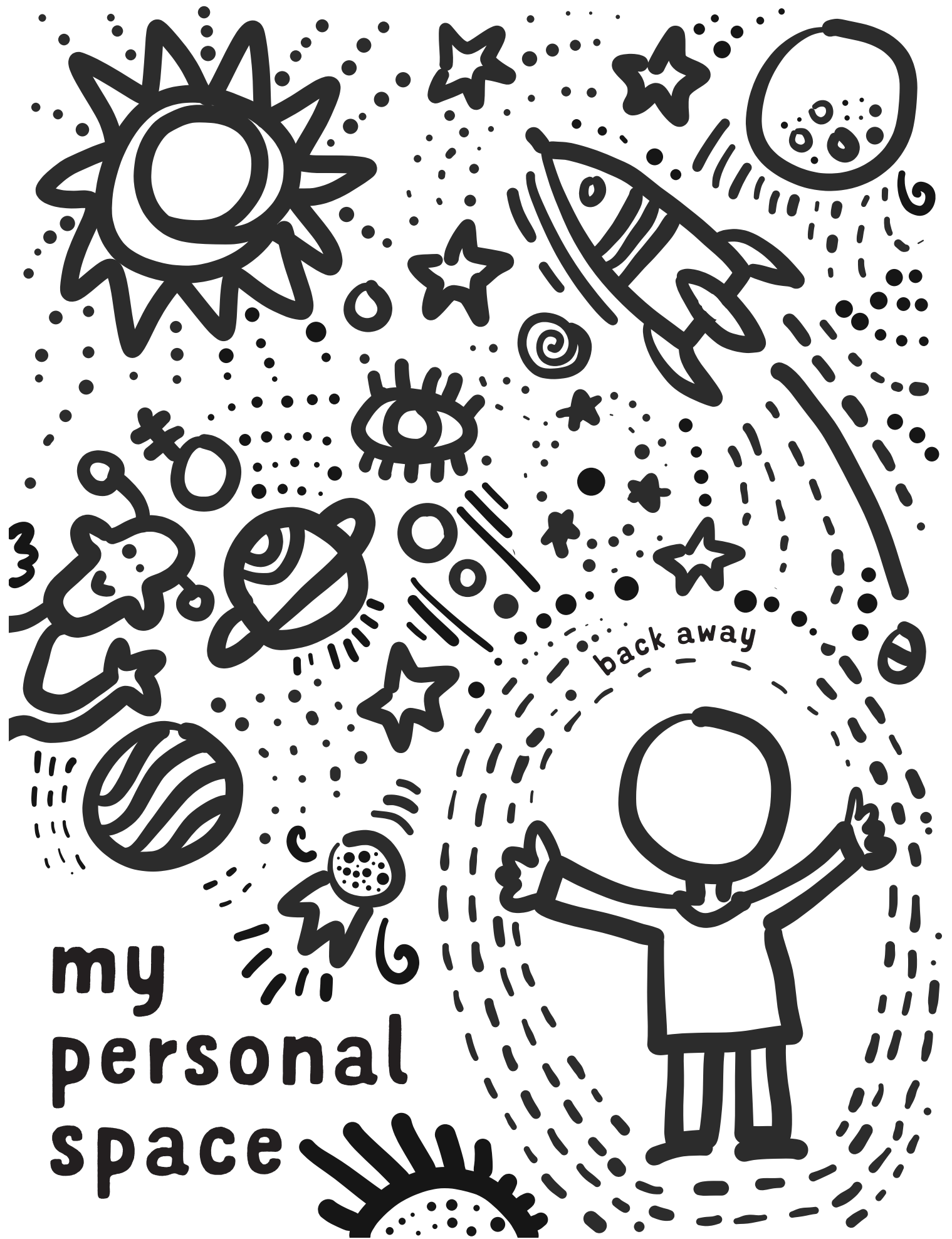


A picture about **stopping**:

Please,
no more of
THAT!



What's happening here?

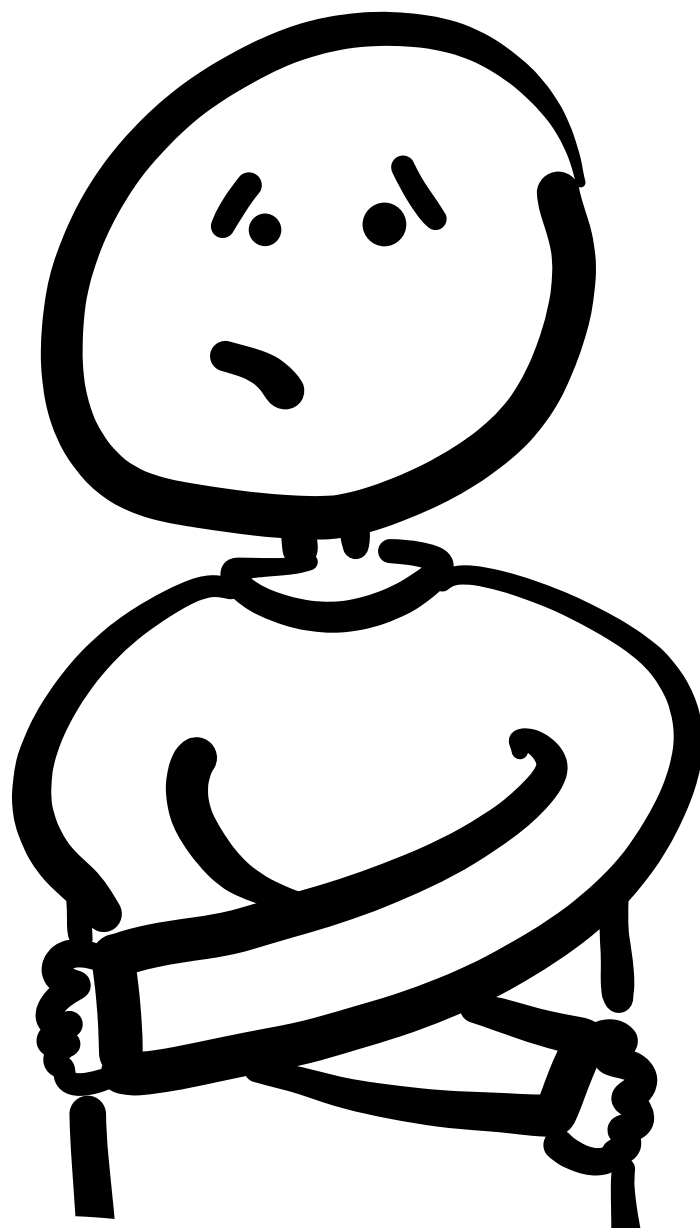


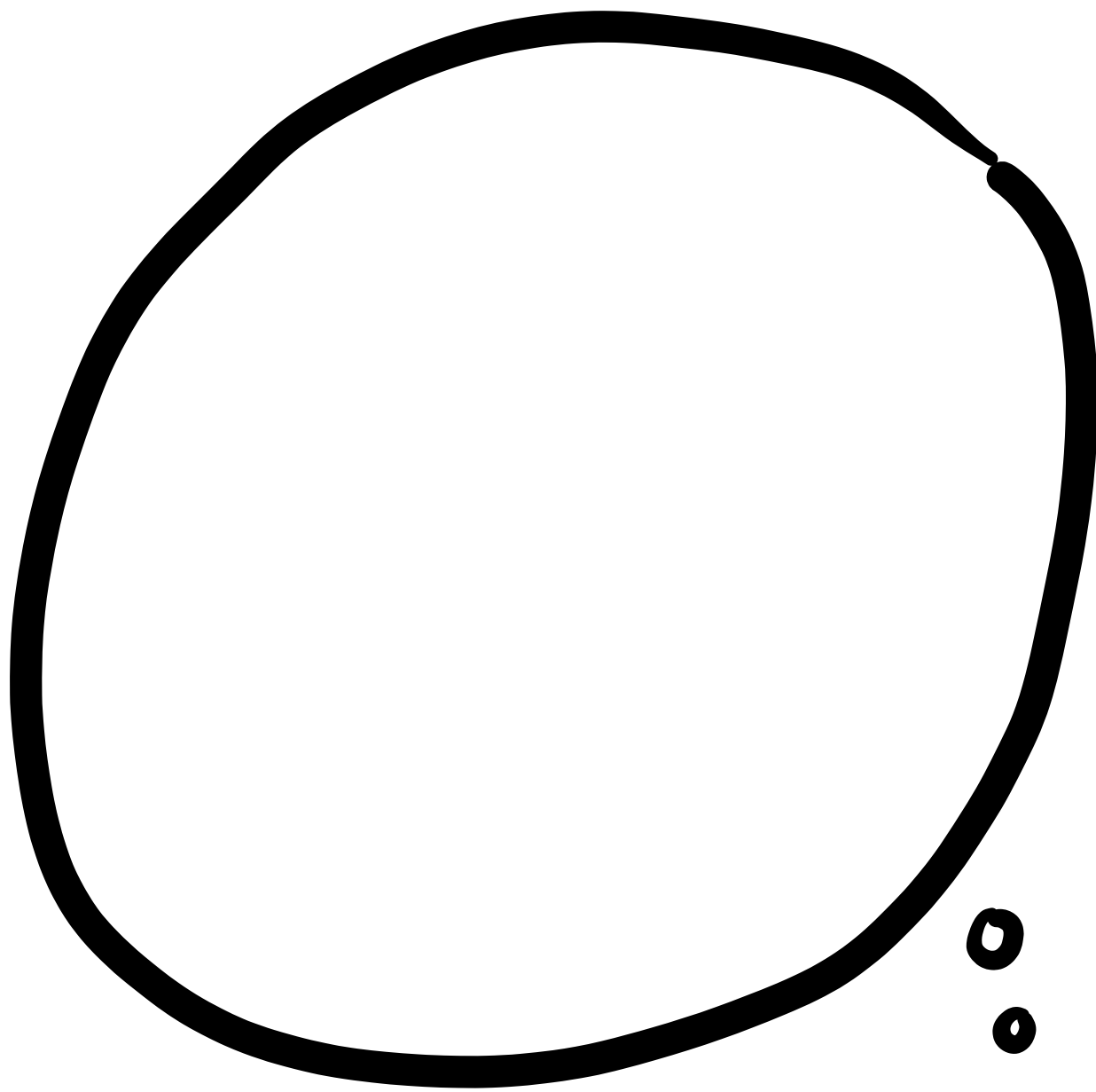
my
personal
space



friends

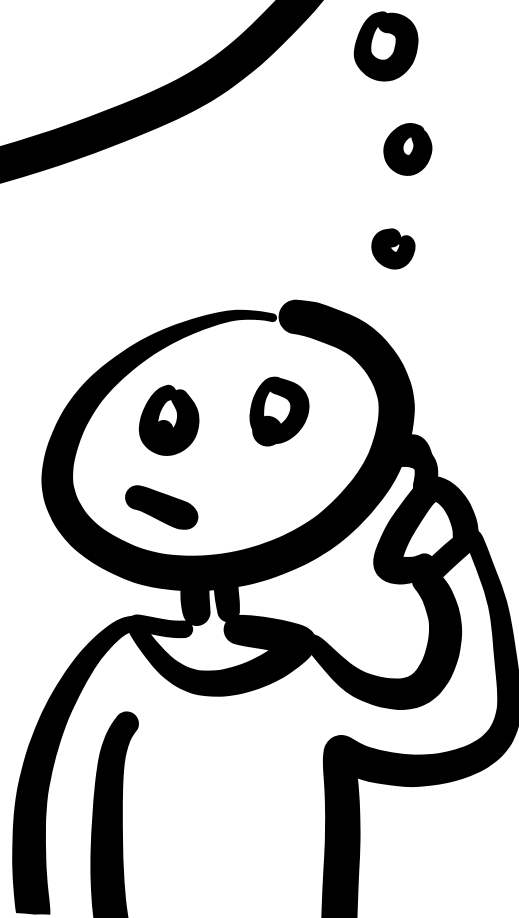
When my friend tells me
they feel unsafe, I...





Have you ever said **no**
when you wanted to say **yes?**

Have you ever said **yes**
when you wanted to say **no?**



**This is a time when
my body felt strong:**



**This is a time when
my mind felt strong:**



This makes me
laugh

This makes me
worry

This makes me feel
tired

This makes me feel
hopeful

hugs



What do you do when someone who takes care of you wants a hug?

What about your teacher?

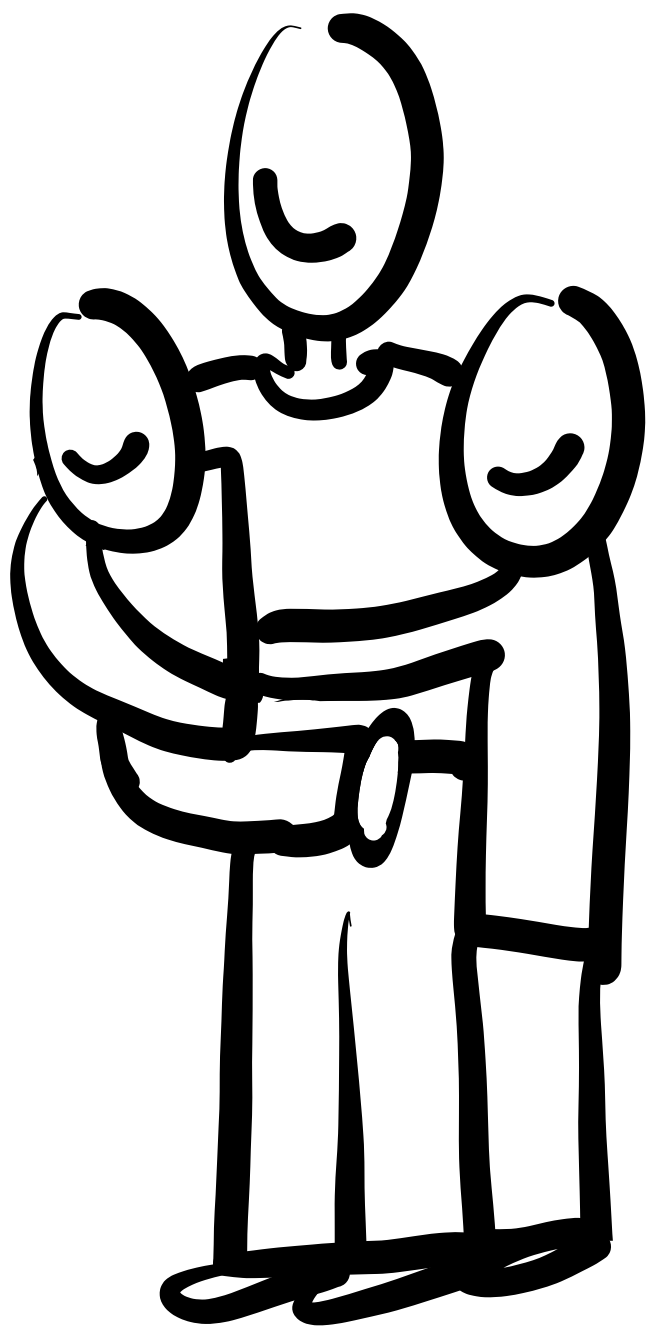
What about your neighbor?

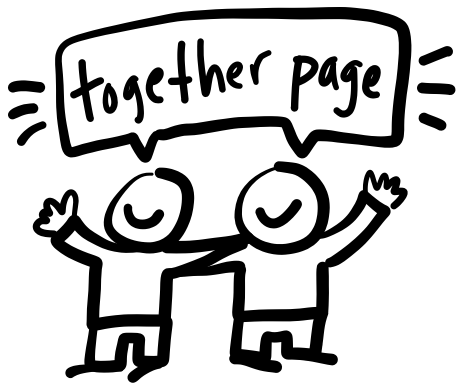
What about your friend?

What about your friend's parent?

What about your coach?

What about someone you don't know?





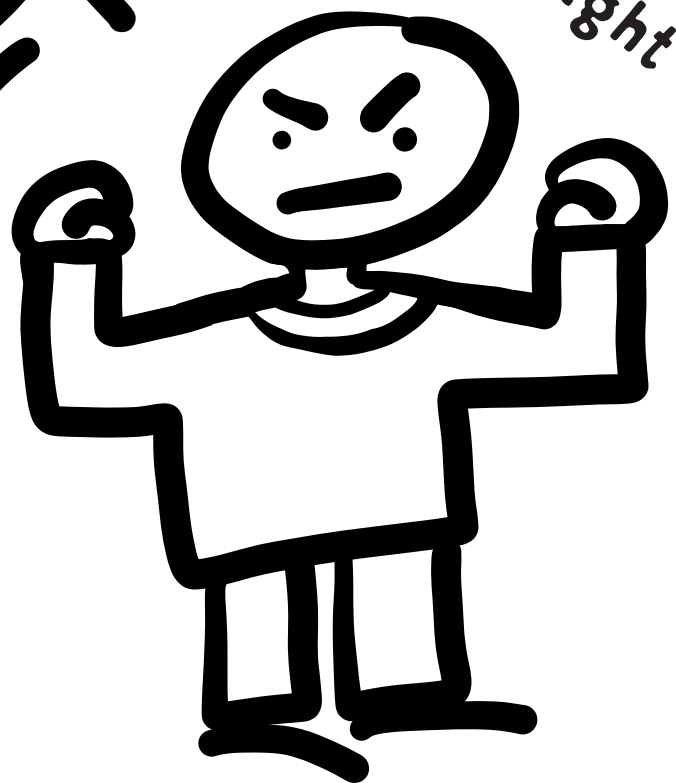
feelings

How many feelings
can you name?

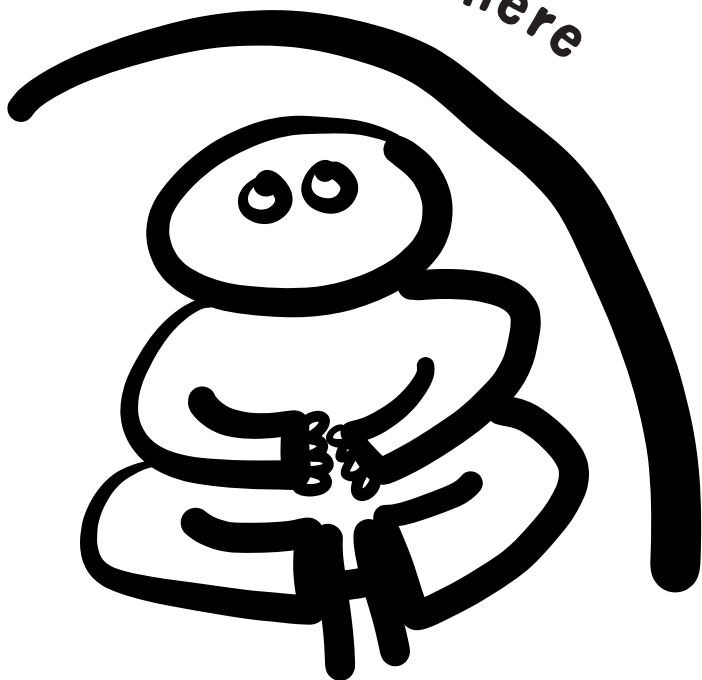
When I feel scared I usually...



stay and fight

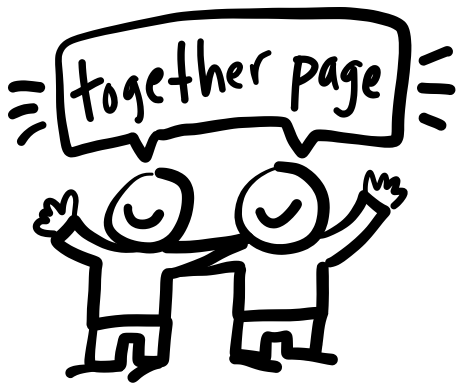


hide somewhere



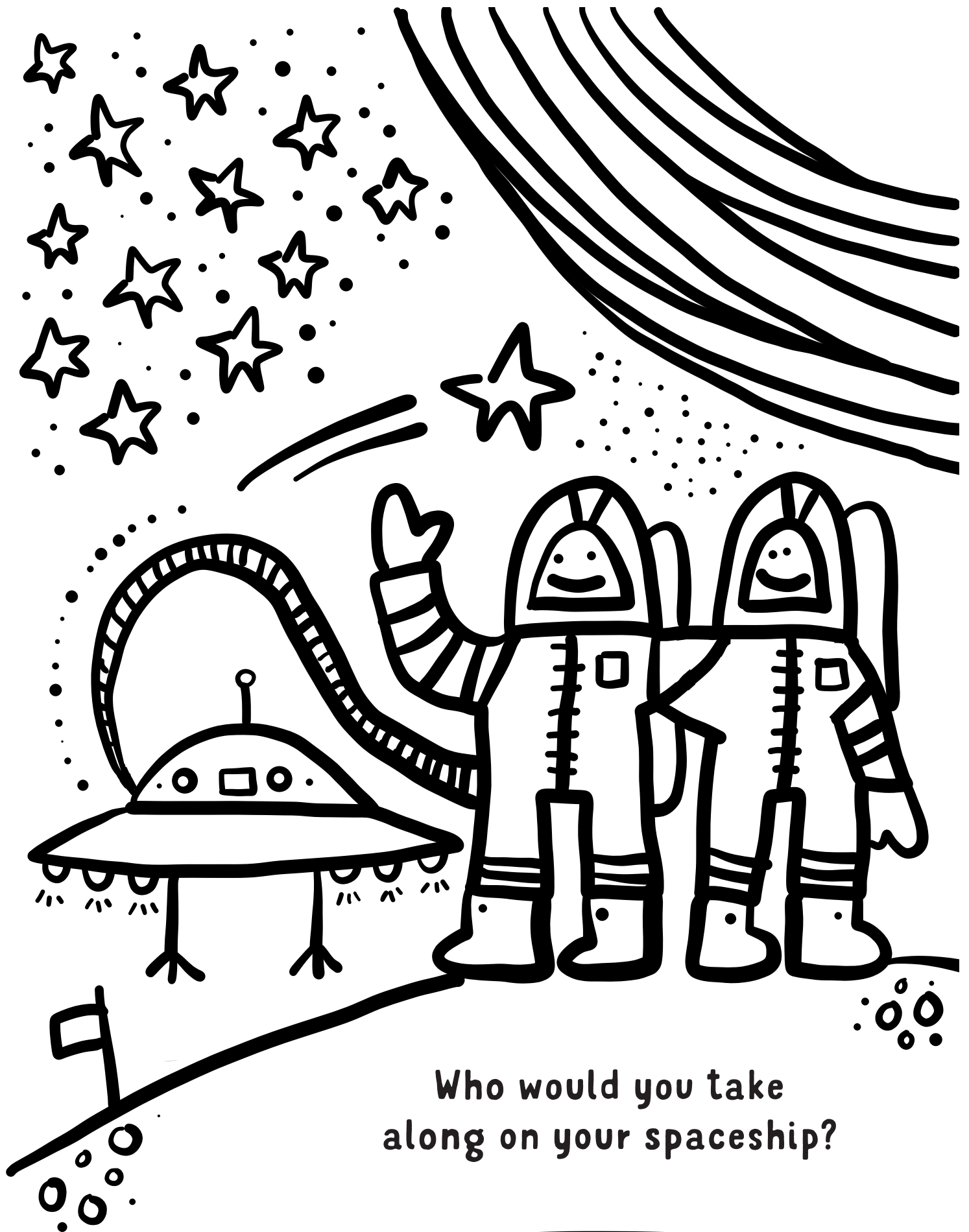


**Who is
allowed
in your
treehouse?**

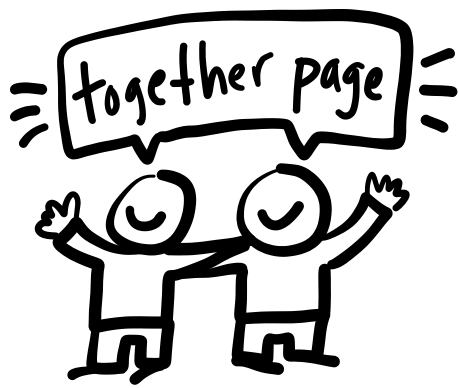


caring

**How do you show people
you care about them?**



Who would you take
along on your spaceship?



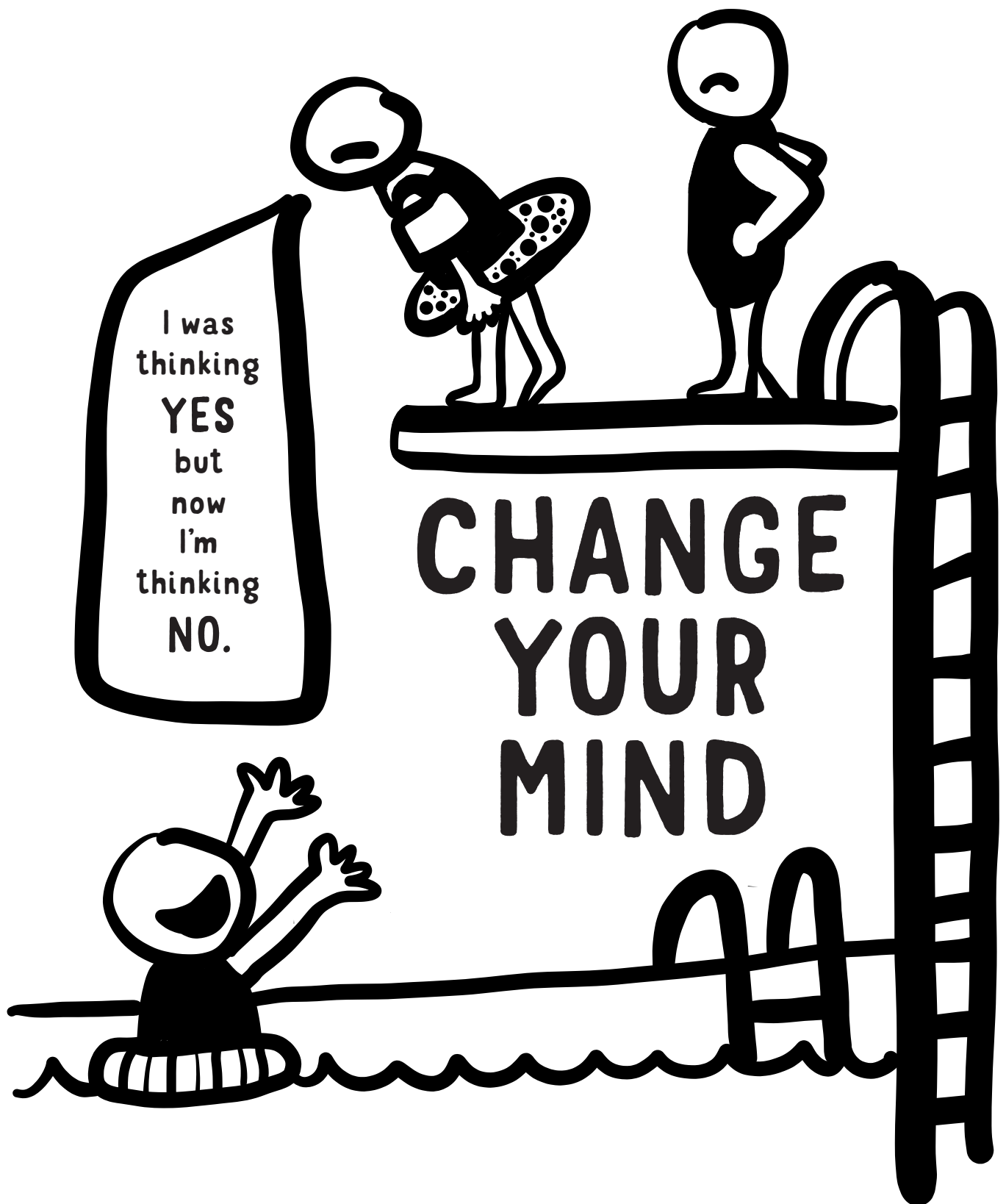
understanding personal space

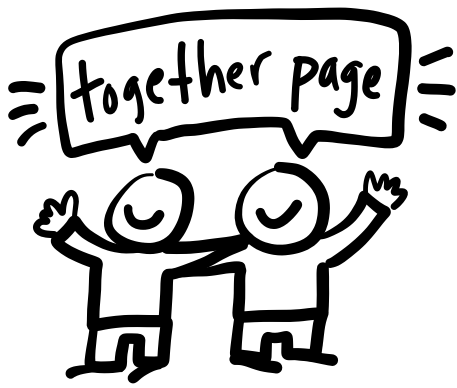
**How can you tell from a friend's body language
when they might need some personal space?**

**What are some ways to find out how someone is
feeling or what they are thinking?**

**How do you feel when a friend
asks for space?**

IT'S OK TO

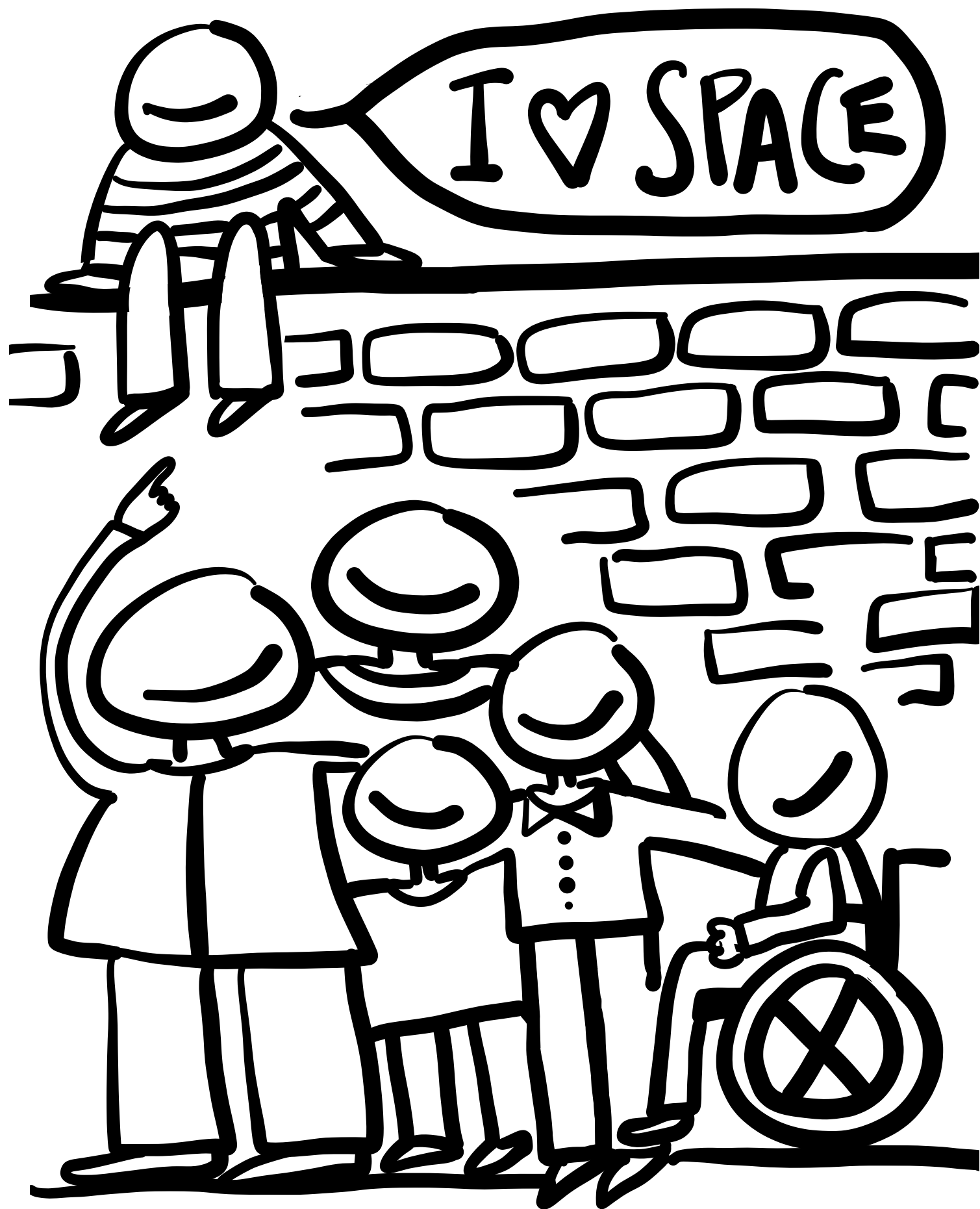


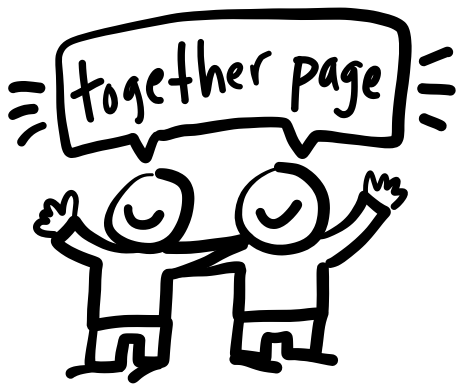


second thoughts

Have you ever thought that something would be
fun, but then when you get to do it,
you change your mind?

Has your friend ever changed their mind about
doing something you planned to do together?
How did you feel about that?





personal bubbles

Every part of your body is your own personal space, or your “personal bubble.” Personal bubbles are invisible. Draw what your own bubble would look like:

a book about
you
& the people
around you



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PARTNERSHIP
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